

# You provide the will, we provide the way



Quitting smoking improves your life in many ways.  
Here are just some of them:

## A healthier life

Smoking increases your risk of heart attack, stroke, lung cancer, and other serious health issues.

## A longer life

Every cigarette you smoke shortens your life by 11 minutes.

## A stronger heart

As soon as you quit, your risk for heart disease goes down. After a year, your risk of dying from heart disease goes down by half.

## Better appearance

Smoking causes wrinkles, dulls skin, and stains teeth, making you look older than you are.

## Better sex life

Smoking can cause infertility and sexual problems, such as erectile dysfunction.

## Fresher air

Secondhand smoke harms your family and friends. Plus, it causes lingering odors in your home.

## A better smile

Smoking can lead to gum disease, loss of teeth, and other dental problems.

## More money

Smoking is expensive. Quit and do something special with the money you've saved.

## Need more motivation? How's \$100 sound?

When you take HealthMedia® Breathe® – an online program to help you quit smoking – you can earn \$100.

**To get started, you must:**

**Step 1:** Go to <https://healthworks.kp.org/cosb> and sign on using your kp.org user ID and password. Next, check the "Yes" box on the Wellness Program Agreement to be eligible for this reward.

**Step 2:** Go to [kp.org/breathe](https://kp.org/breathe) and complete the Breathe program.

After you complete the program you will get a \$100 Visa reward card mailed to you in May 2016. To be eligible for the reward, you need to complete the program before April 30, 2016.



**We're here to help you quit. Get started today  
at <https://healthworks.kp.org/cosb>**

The rewards program runs from September 1, 2015, through April 30, 2016, and is open to County of San Bernardino employees, 18 and older, who are Kaiser Permanente subscribers. Visa reward cards expire 12 months from date issued. All rewards are subject to funding availability. Rewards will be distributed in May 2016.



My Health Matters!

